WHAT IS CLAIMED IS:

1. A liquid crystal device, comprising:

a pair of substrates;

spacers located between the substrates; and

a liquid crystal layer held between the substrates, the liquid crystal layer and spacers being located in a region surrounded by a frame-shaped seal material formed in a plane of the substrate, a density of the spacers in the region ranging from 100 to 300/mm^2, and an average particle size D of the spacers ranging from $0.96d$ to $1.02d$, where a liquid crystal layer thickness in the region in which the spacers are disposed is represented by d.

2. A liquid crystal device, comprising:

a pair of substrates;

spacers located between the substrates; and

a liquid crystal layer held between the substrates, the liquid crystal layer and spacers being located in a region surrounded by a frame-shaped seal material formed in a plane of the substrate, a density of the spacers in the region ranging from 150 to 300/mm^2, and an average particle size D of the spacers ranging from $0.96d$ to $1.02d$, where a liquid crystal layer thickness in the region in which the spacers are disposed is represented by d.

3. The liquid crystal device according to claim 1, the seal material being formed into the form of a closed frame without an opening which opens to an outer edge of the substrate.

4. The liquid crystal device according to claim 1, the spacers being covered with a sticking layer or an adhesive layer, and fixed on the substrate through the sticking layer or the adhesive layer.

5. A method of manufacturing a liquid crystal device having a pair of substrates, spacers located between the substrates, and a liquid crystal layer held between the substrates, the method comprising:

forming a closed-frame-shaped seal material on one of the pair of substrates in a region in a plane of the substrate;

disposing the spacers on the one substrate;

dropping a liquid crystal onto the one substrate; and

gluing the paired substrates together, a dispersed density of the spacers in a region inside the seal material ranging from 100 to 300/mm^2, and an average particle size D of the spacers ranges from $0.96d$ to $1.02d$, where a liquid crystal layer thickness in the region in which the spacers are disposed being represented by d.

6. A method of manufacturing the liquid crystal device having a pair of substrates, spacers located between the substrates, and a liquid crystal layer held between the substrates, the method comprising:

forming a closed-frame-shaped seal material on one of the pair of substrates in a region in a plane of the substrate;

disposing the spacers on the one substrate;

dropping a liquid crystal onto the one substrate; and

gluing the paired substrates together, a dispersed density of the spacers in a region inside the seal material ranging from 150 to 300/mm^2, and an average particle size D of the spacers ranges from $0.96d$ to $1.02d$, where a liquid crystal layer thickness in the region in which the spacers are disposed being represented by d.

7. The method of manufacturing the liquid crystal device according to claim 5, the gluing the substrates being carried out under vacuum, the method further including: releasing the vacuum into the atmosphere, and curing the seal material after having carried out the gluing of the substrates.

8. The method of manufacturing the liquid crystal device according to claim 5, further including covering the spacers with a sticking layer or an adhesive layer.

9. A configuration of electronic equipment, comprising:

the liquid crystal device according to claim 1.